

Refer to your doctor

ESSENTIAL AND OTHER ELEMENTS

		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
				2.5 th	16 th	50 th	84 th	97.5 th
Calcium	(Ca)	579	300- 1200					
Magnesium	(Mg)	65	35- 120					<i>Magnesium</i>
Sodium	(Na)	13	20- 250					<i>Mitoforce</i>
Potassium	(K)	40	8- 75					<i>Potassium</i>
Copper	(Cu)	12	11- 37					<i>Cell Food</i>
Zinc	(Zn)	200	140- 220					<i>Zinc</i>
Manganese	(Mn)	0.05	0.08- 0.60					<i>Quercetin 500</i>
Chromium	(Cr)	0.33	0.40- 0.65					<i>FOR Cap</i>
Vanadium	(V)	0.059	0.018- 0.065					
Molybdenum	(Mo)	0.024	0.020- 0.050					<i>Molybdenum +</i>
Boron	(B)	0.53	0.25- 1.5					<i>Black Ber</i>
Iodine	(I)	0.48	0.25- 1.8					
Lithium	(Li)	< 0.004	0.007- 0.020					<i>Lithium</i>
Phosphorus	(P)	185	150- 220					<i>+ Vit D</i>
Selenium	(Se)	0.70	0.55- 1.1					<i>Spray +</i>
Strontium	(Sr)	3.3	0.50- 7.6					<i>ATP +</i>
Sulfur	(S)	47600	44000- 50000					<i>Ribos Phos</i>
Cobalt	(Co)	0.002	0.005- 0.040					<i>+</i>
Iron	(Fe)	5.1	7.0- 16					<i>Hydroxy Bl</i>
Germanium	(Ge)	0.034	0.030- 0.040					<i>+ Black</i>
Rubidium	(Rb)	0.083	0.007- 0.096					<i>Best</i>
Zirconium	(Zr)	< 0.007	0.020- 0.42					<i>Liver nuc</i>

*Work on B12 while supporting lithium
is energy ALONG with Basic Metabolism
Then re Run a Hair test to be sure lithium is in balance*

*blend + MTHF
Liver Caps*

What is your
main health
concern?

Dear to
your
doctor

Toxic & Essential Elements; Hair

TOXIC METALS				
+ Basic Methylation:	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
			68 th	95 th
Aluminum All in One + (Al)	1.2	< 7.0	█	MTHFR Liver Caps
Antimony Be Gem + (Sb)	< 0.01	< 0.050		
Arsenic BioNutives (As)	0.020	< 0.060	█	
Barium minerals + (Ba)	1.4	< 2.0	██████████	Potassium + ATP
Beryllium PS/PPA + (Be)	< 0.01	< 0.020		
Bismuth DHA + (Bi)	< 0.002	< 2.0		
Cadmium Ultimate B (Cd)	0.011	< 0.050	█	Extra gaba as needed + EDTA
Lead (Pb)	0.06	< 0.60	█	
Mercury (Hg)	0.03	< 0.80	█	SOAP
Platinum (Pt)	< 0.003	< 0.005		
Thallium (Tl)	< 0.001	< 0.002		
Thorium (Th)	< 0.001	< 0.002		
Uranium (U)	0.11	< 0.060	██████████	Ultrashield
Nickel (Ni)	0.03	< 0.30	█	
Silver (Ag)	0.01	< 0.15	█	+ ATP + Ribos phos
Tin (Sn)	< 0.02	< 0.30		
Titanium (Ti)	0.29	< 0.70	██████████	+ Mitoforce +
Total Toxic Representation			██████████	COQ10 sp

+ Inflammatory
Pathway Caps
+ General nuc. blend

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
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SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 02/22/2018		Ca/Mg	8.91
Date Received: 02/26/2018		Ca/P	3.13
Date Completed: 03/01/2018		Na/K	0.325
Methodology: ICP/MS		Zn/Cu	16.7
Sample Size: 0.202 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color:			
Treatment:			
Shampoo:			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

1.

SYMPTOMS – My symptoms list is long and I wasn't sure how much detail would be helpful, so I divided it up. I'm listing my current symptoms (2018), then my acute phase symptoms (2017), then highlights of my test results from 2017, and then symptoms before the acute phase.

CURRENT SYMPTOMS:

Balance problems and disequilibrium - daily but usually mild

Weird sensations in head – daily

Vibrating electrical current sensations – almost daily in feet, sometimes throughout my body

Ringing in ears – constant in right ear, brief and louder in one or both ears when especially fatigued

Pressure in ears – constant in both ears

Fatigue – daily usually within two hours of waking up - I must lie down for at least an hour every afternoon and must use caffeine to survive until then

Increased Fatigue after eating

Sudden irritability – if I don't rest when fatigued

Anxiety – for a day or two at a time, when no reason for it

Weakness in extremities – occasionally

Numbness and tingling in extremities, lips, tongue and cheek – daily but usually mild

Sore muscles or joints – daily but mild

Muscle jerks (when falling asleep) – daily

Pain and/or burning in toes – sometimes

Tense head and neck muscles – almost constantly (neck pain sometimes)

Burning and cold spots on head (daily but mild) and feet (sometimes)

Cold spots that feel wet (but aren't) on hands and feet – occasionally

Eye pain – occasionally

Floaters in eyes – constant

Sense of taste off – occasionally

Metal taste in mouth – sometimes

Food reactions (heaviness in my gut, bumps on face/mouth/body, itching on head and extremities) – I avoid gluten and try to keep dairy and sugar to a minimum

Acid reflux (low acid) – treating myself

Menstrual cycle changes – every month

Teeth feel achy – often

Small Meningioma (slow-growing bony tumor) in the folds of my brain. Not pressing on my brain and the doctors state it is not in an area that would cause any of my symptoms. It's so slow-growing or not growing at all, so they are monitoring with yearly MRIs. I had a reaction to the Gadolinium contrast at the second MRI (three months after the first) – redness and itching for a few hours on chest, upper back, neck and head

Chronic low blood pressure:

Systolic – 70s or 80s, most of the time

Diastolic – 50s or 60s, most of the time

PUL – usually goes between 60s, 70s and 80s

SYMPTOMS IN 2017 AND POSSIBLY HOW THE ACUTE PHASE BEGAN:

Last year, my symptoms were much worse and more intense. I believe I was in an acute phase, which began soon after I started a food sensitivity diet. My food allergies/sensitivities had been getting worse, so I was tested. When I went on the diet in March I lost quite a bit of weight for my build, and I believe that released too many toxins into my body within a short period of time. Also, I was likely eating more “mobilizing” foods. Within 6 weeks of starting the diet (first half of April), the fatigue and lightheadedness began. It went downhill from there. A new symptom or two would start every couple of weeks. My body could not self-regulate. We live in a hot climate (most summer days are upper 90s to 110+). Going between the heat and the air conditioning made my fatigue extreme. I would shiver in doctor's offices because I felt so cold, even when I was wearing a sweater. At one appointment, my body was shivering, my teeth were chattering and my leg muscles were having spasms. Regarding the food sensitivity diet, I went back to just gluten-free when my acute symptoms began. I wasn't able to maintain such a restrictive diet.

Symptoms during the acute phase (I had these, plus my current symptoms, which were much more severe during this time):

Fatigue and Lightheadedness. I'd be lightheaded when standing, sitting, lying down – pretty much whatever I was doing. Lightheadedness became disequilibrium around 3 months into acute phase.

Nausea associated with beginning of my cycle, then at random times.

Almost fainted while driving during the second month of the acute phase, due to body not self-regulating and being in and out of heat too much.

When I tried to exercise, extremities would go numb and I'd have difficulty breathing.

Fluctuated between hypo- and hyper-tension, frequently.

Throbbing in back of head.

Weird headaches at base of skull or on top of my head or at one temple and the side of my head.

Two strange severe headaches I had never experienced before or since (third months of acute phase):

1 - Extreme head, neck and shoulder pain (24 hours): throughout head, all around neck, and through right shoulder.

2 - Two weeks later – bad pain (24 hours) in right side of neck, shoulder and arm; arm hurt to raise it or lift anything.

Disorientation (one episode).

Confusion – difficulty with directions, following conversations, etc.

Echo sound in my right ear (a few weeks, only).

Frequent urination.

Heaviness in extremities.

Lymph node soreness and swelling for weeks at a time.

Achy ears and jaw.

Oddly puffy eyes for a month at one point.

For five days, had low-grade fever with severe fatigue, lightheadedness and numbness in extremities. (The numbness was so uncomfortable, I would cry. I had no idea what was happening to me, so it was also quite scary). I also had nausea two of those days. During that time, my BP was 81/59, PUL: 98.

Very swollen lymph nodes in neck, severe sore throat, pain when swallowing, no fever – all symptoms lasted around 24 hours, swollen lymph nodes lasted around 3 weeks. (fifth months of acute phase)

TEST RESULTS FROM 2017:

Echocardiogram was normal.

Reverse T3 levels were high.

FT3 and FT4 levels were flipped, one of my knowledgeable friends said. She considered the numbers “strange.” (Of course, the lab considered them within normal ranges.)

My eye doctor tested me for Glaucoma, but he said it was not Glaucoma. He stated I just have an “odd” optic nerve, bilaterally.

My balance test came back with “odd and rare” findings, according to my ENT doctor. He said I had “Bilateral Vestibular Hypo-function and Mild Central Findings.” He sent me for a brain MRI, which is when they discovered the Meningioma.

Have not had any neurological tests, except for reflexes, which were normal.

Neurologist was dismissive and didn't perform any in-office tests or order any lab

tests. I asked him if it could be heavy metal toxicity and his response was “That has nothing to do with me.” Yeah, he was fun. I didn’t go back.

HEALTH HISTORY BEFORE ACUTE PHASE:

I realize now that I’ve had a few of these symptoms in a milder way for years, and probably decades, before my acute attack last year.

Since childhood: bad allergy to cats, TMJ problems and low blood pressure.

Since puberty: fatigue, anemia, bruising easily, irritability, food allergies/sensitivities, sore joints and body/neck pain (which I had attributed that to a car accident when I was in junior high), felt even more fatigue after eating, cycle irregularities and ovarian cysts (both better as a young adult).

Since young adulthood: Heart palpitations, numbness and tingling in tongue and a metal taste in my mouth, itching on palms and bottom of feet and sometimes arms and legs (now only have that problem when eating gluten), swollen tongue, lips, throat, often clearing my throat (more often when I eat gluten), sometimes tingly lips, frequently itchy nose.

Early thirties: floaters in eyes.

2.

MY DENTAL HISTORY:

TMJ problems since I was a child.

Wisdom teeth never came in.

Lower right molar was removed when I was a teenager, I think because my teeth were crowded? Every dentist after that has wondered why they removed that molar.

Braces for a few years in upper elementary and junior high.

We think my one amalgam was put in when I was a teen, but after braces were removed.

Crown was placed around the age of 25, we think. It is a top front tooth and was too thick and pushing my lower jaw back, so the dentist ground down the back of it. I didn’t realize he had exposed the metal underneath the porcelain until this past summer.

3.

MY CURRENT DENTAL WORK:

I currently have one crown (~18 years) and one amalgam (~28 years).

I’ve had my new-patient appointment with a local biological dentist, and this week will be scheduling when to have my crown and amalgam replaced.

4.

MY MOTHER'S DENTAL WORK:

She did not have metal-based dentistry when she was pregnant with me.

5.

SHOTS:

We cannot find my vaccinations record, but I had all the recommended vaccinations as a child – especially whatever was required for school. I don't remember receiving vaccinations during high school (I graduated in 1993), but my memory is fuzzy so it is possible. As far as I remember, we did not get flu or travel shots.

I did get allergy shots during high school until I had an anaphylactic reaction: welts on my head and neck, severe itching, swollen throat. I received an adrenaline shot and liquid Benadryl.

6.

MEDICATIONS/SUPPLEMENTS:

No medications for many years (maybe one or two Tylenol over the past decade?)

No supplements for at least 9 months. I was reacting to every supplement I tried.

7.

AGE: 43

HEIGHT: 5' 4"

WEIGHT: 110 to 115 (I'm usually somewhere in that range)

8.

OTHER INFORMATION THAT MIGHT BE RELEVANT:

I've had three pregnancies over the past 10 years. The middle pregnancy was a miscarriage in the first trimester. The other two were carried to term, but I was extremely sick during each. It was difficult to even brush my teeth during the first trimester in each of those pregnancies, as my gag reflex seemed to cover my entire mouth. The twelfth week was the worst in each of the full-term pregnancies, and I required medical care because I could not stop the frequent vomiting. I had to eat every hour or two throughout the third pregnancy or I would feel even sicker. I gained almost 50 pounds. I have a slim build, so 50 pounds was a lot. I only gained half that much in my first pregnancy. My first child (a son) likely has Asperberger's. We control his eczema by avoiding gluten. We plan to do a hair test on him, soon. My second child might be developing skin problems, too, but does not seem to be on the spectrum.

9.

LOCATION:

Tucson, AZ